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Your essential news | TUESDAY, APRIL 19, 2016

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**The
annoying
(but necessary)
construction
project**

**Cyclists will eventually enjoy a wider, safer underpass
at Campus Station — but they'll face four months
of detours first, beginning in May metroNEWS**

Girl in hospital after alleged abduction, crash

EASTERN ONTARIO

Father forced his way into ex-wife's home, police say

A four-year-old girl who was allegedly abducted by her father early Monday morning has been airlifted to the Children's Hospital of Eastern Ontario with non-life-threatening injuries after the car they were in rolled over following a police pursuit.

York Regional police allege the girl was taken at 4:20 a.m. when her father forced his way into his ex-wife's house in Aurora, Ont., north of Toronto.

Ontario Provincial Police launched a provincewide Amber Alert for the girl around 9 a.m. Moments later, officers spotted the man's vehicle near Bancroft, Ont., and tried to stop it several times before calling off the chase.

The province's police watchdog, which is called in to investigate incidents involving police in which there has been death, injury or allegations of sexual assault, says the

vehicle was later found rolled over in Pembroke, Ont.

OPP Sgt. Kristine Rae says the man — identified as 35-year-old Mario Rodrigues — was taken into custody and transported to hospital with minor injuries. When asked why the Amber Alert was only issued more than four hours after the alleged abduction, police said that is when they received information that suggested the child's life was in danger.



Julia Dela-Cruz
HANDOUT/ONTARIO
PROVINCIAL POLICE

"Earlier this morning, officers received information that the suspect vehicle was observed at high speeds, driving aggressively," said Rae.

An Amber Alert is issued when police believe a child under 18 years old has been abducted, the child is in danger, and an immediate broadcast will help locate the child.

THE CANADIAN PRESS



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Love grows deeper through dalliance

RELATIONSHIPS

Married couple explains how polyamory works for them



Lucy Scholey
Metro | Ottawa

Holly Harris likes to go out for dinner. Her husband, Greg, does not. Greg likes to cuddle at the movies. Holly would rather skip the theatre.

So what do they do? They date other people.

While non-monogamous relationships are nothing new, they get mixed reviews. For Holly and Greg Harris, it works — and it's all the Ottawa couple has ever known together. They will celebrate their 11th wedding anniversary this year.

"There's never been any question," says Greg Harris. "It's always been the default setting for us."

When they started an open relationship, the couple drew up a laundry list of rules: the other partner must meet the date, keep the extramarital relationship out of the house and pursue nothing beyond a casual courtship.

But that has evolved. Now the couple is open to dating other people more seriously.



Greg and Holly Harris, who have been in an open marriage for 11 years, will host a seminar April 24. CONTRIBUTED

For them, it's not all about finding sex elsewhere but hanging out with someone who meets one partner's needs when the other cannot.

Friends and family are generally supportive but they say explaining their relationship to potential dating partners can be "awkward." For this arrangement to work, their other significant others must be cool with their core marriage.

"I've had guys who've wanted to rescue me from my obviously failing relationship," Holly says, with a laugh.

Because they have grown more confident in one another, they have all but done away with their initial set of rules.

This type of marriage is not for everyone, though. They are adamant about that.

Take journalist Robin Rinaldi's book, *The Wild Oats*

Project, in which she details her experiment with non-monogamy that ultimately led to the demise of her 18-year marriage.

If you and your partner are courting the idea, or you have burning questions for the Harris couple, check out their seminar on April 24. It's at Wicked Wanda's Adult Emporium, at 327 Bank St., starting at 5 p.m. Tickets are \$15 or \$25 for two.

Greg and Holly on what it takes

Communicate

This is the couple's top piece of advice. "We're like a broken record," Holly says. "Talk to each other. Talk to each other. Talk to each other." They talk about insecurities, jealousies, what works and what doesn't. Perhaps more than most monogamous couples do.

Respect their feelings

If you go out on a first date while your partner is left home alone, it's nice to check in with him or her afterward "to make sure there's no silent resentment," says Greg. "It's all about damage control."

Veto power

The Harris couple says one

partner is allowed to veto the other's boyfriend or girlfriend. They say they have used this "power" a few times, usually if one feels the courtship is bad for their partner. Or if they simply don't like him or her.

Rules may work

If you start with five rules, it will likely build to 20, cautions Greg. Because each relationship is unique, it's ultimately up to you and your partner to figure out your boundaries.

Prioritize your marriage

How badly do you want to stay married to the person you're with? The needs of the relationship come first, say the Harris couple.

What to expect in open relationships

Jealousy

When they started dating, Greg took issue with Holly dating people for longer than months at a time. "Jealousy is very much an issue," says Greg. Now they're at a point in their marriage where Greg can talk to Holly about a woman he's interested in without her getting jealous.

Imbalance

One partner might lean more toward non-monogamy, while the other may just be going along with it. Also, if you think one relationship takes work, trying balancing the emotional needs of others.

Unease

If the couple has been monogamous for years, an open relationship may be new terrain. For example, Holly and Greg sometimes spend several nights apart, which may unnerve newbies.

"Every open relationship is going to have so many giant, giant speed bumps," says Greg.

Fun

Holly says open relationships allow couples to keep experiencing the thrill of a first kiss.

"Once it becomes a well-oiled machine, an open marriage is awesome," says Harris.

HEALTH

Time to open up about organ donation



Emma Jackson
Metro | Ottawa

Hiba Yusuf wants you to talk to your family about organ donation.

Yes, it's icky to think about your own mortality. But Yusuf knows all too well just how generous such a gift can be. The 36-year-old Ottawa resident has had two kidney transplants since her own organs started failing at the age of 20.

Her first, in 2001, came from her younger brother, who was a willing match. Not all siblings are. But because her renal failure is caused by an auto-immune disease, two years later her new kidney also started to fail. Yusuf went back on the waiting list.

It wasn't until 2012 that she received her second gift of life — this time from a 25-year-old woman who had died from a heart condition.

"It's people like her and her family that make life pos-

sible for people like me," Yusuf said.

This week is National Organ and Tissue Donation Awareness Week. If that mouthful's too much to remember, just keep beador.ca in mind. That's where Ontarians can register to donate their organs when they die, helping up to eight people in one shot. (It's not enough to have just signed your donor card. In this digital age, online registration is the best way to give consent.)

While up to 95 per cent of

Canadians believe in organ donation, according to an Ipsos poll, most haven't actually signed up to do it. Only 34 per cent of Ottawa health-card holders are registered, according to the Trillium Gift of Life Network.

Yusuf said registering online is key, but equally important is telling your family exactly what you want.

"A lot of (donors) get turned away because the family can't handle being asked at that moment," Yusuf said.



Kidney recipient Hiba Yusuf said talking to your family about organ donation is as important as signing up. EMMA JACKSON/METRO

Growing Nunavut's food security

AQUAPONICS

U of O students outline plan to cultivate fresh produce



Lucy Scholey
Metro | Ottawa

It was the \$10 bottle of dish soap that first caught Alida Burke's attention when she travelled to Iqaluit a year and a half ago.

The University of Ottawa accounting student was up north with her classmates for an entrepreneurship program. They forgot to bring dish soap. Burke first spotted the exorbitant price on the bottles, and then started noticing the price of food. A head of cabbage cost at least \$20. Cartons of Tropicana orange juice, like those her group brought for the trip, were a luxury in the area.

"It's just getting more and more expensive," she said. "Because it's cold and there's not a very long growing season, it's difficult to grow anything there."

Through Enactus uOttawa — a non-profit, student-run community outreach program that "tackles social, economic and environmental issues through entrepreneurial action" — Burke and other students designed a homegrown solution to Nunavut's food security issues.

The "Growcer" — pronounced "grocer" — is a new social enterprise that sells fresh fish and produce from recycled shipping containers retrofitted with aquaponics technology.

The 20-by-eight-by-eight-foot



University of Ottawa students Alida Burke, left, and Shevaun Ensor-Harrison are among a group of students designing a sustainable farming solution out of old shipping containers in Iqaluit. LUCY SCHOLEY/METRO

insulated containers house fish tanks on the floors. The waste from the fish is pumped up to fertilize the herbs and vegetables growing on soil-less shelves up top, which are warmed with LED lighting. The plants then filter the water, which drips back down to the tank.

"You're able to grow different things that you wouldn't be able to grow year-round," said Burke, like tomatoes, cucumbers, spinach, basil and lettuce.

The area is home to many

shipping containers leftover from mining operations and resource extraction companies. Rather than pay to ship them out, the companies leave them behind.

"It can have over 40 growing seasons a year and produce over a ton of fresh food and fish for the community, all while still growing and recycling in the process," said fellow University of Ottawa student Shevaun Ensor-Harrison. "We think it's going to be a solution that not only provides and helps with the food insecurity in the region, but will also disrupt the food market."

Statistics Canada data shows that food prices in Nunavut can

be up to 3.1 times more expensive than the average cost in the rest of Canada.

One in three people living in Nunavut are considered food insecure each month, according to Feeding Nunavut, an advocacy group working to improve the well-being of Canada's Northern residents.

Nearly 70 per cent of the territory's pre-school Inuit kids live in food-insecure households, the group says. It recently launched an awareness campaign asking Canadians to skip a meal for Nunavut.

Research shows children living in such homes can suffer other inequalities, including getting fewer opportunities to

learn to eat healthy foods.

Apart from bringing down the price of food, the Enactus uOttawa group hopes the Growcer will provide local jobs.

"There's already such a delicate relationship between southern Canadians and northern Canadians. We're trying to make sure that it's done in as much partnership as possible," said Ensor-Harrison.

It costs \$40,000 to retrofit one of the shipping containers. The University of Ottawa students will launch an IndieGogo campaign on Monday. They are hoping to raise \$25,000.

If all goes to plan, the Growcer will generate revenue for future shipping container retrofits.

\$40,000

It costs approximately \$40,000 to retrofit one of the containers used for the Growcer initiative.

The group has signed a memorandum of understanding and is still in talks with two different companies about the technology. They are aiming to launch a pilot project for the Growcer this summer.

"We take for granted the food that we have here in Ottawa," said Burke.

WITH FILES FROM THE CANADIAN PRESS

“It's just getting more and more expensive. Because it's cold and there's not a very long growing season. Alida Burke

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MURDER TRIAL

Leduc
pleads
not guilty

An Ottawa man accused of killing two local women in 2008 and 2011 pleaded not guilty Monday ahead of what is expected to be a lengthy criminal trial.

Marc Leduc, 59, was charged in February 2013 with first-degree murder in the deaths of Pamela Kosmack, 39, and Leanne Lawson, 23.

Kosmack was found beaten to death at a west-end bike trail on June 4, 2008.

On Sept. 2, 2011, Lawson's body was found in a parking lot on King Edward Avenue.

Leduc, a medium-set man with short white hair, wore a suit jacket and glasses as he sat in the prisoner's box to enter the plea of not guilty before Ontario Superior Court Justice Hugh McLean on Monday.

Jury selection continues Tuesday for the murder trial as McLean whittles down dozens of potential jurors. Depending on the jury selection process, the trial could start as early as Wednesday.

Defence lawyer Ian Carter is representing Leduc at trial. James Cavanaugh and Lisa Miles will lead the Crown's case.

The trial is scheduled to take 10 weeks to complete.

Police said DNA evidence linked Leduc to the two murders after he was arrested and charged in an unrelated 2012 sexual assault on a woman at knife-point in her home. He was already in jail at the Ottawa-Carleton Detention Centre when investigators made the DNA link to the two homicides.

He pleaded guilty last year to sexual assault aggravated sexual assault, choking, and break-and-enter in that sexual assault case.

During a Feb. 7, 2013, press conference at Ottawa police headquarters to announce a major break in the two killings, Chief Charles Bordeleau said Kosmack and Lawson were both victims of "senseless homicides." JOE LOFARO/METRO



Marc Leduc in an undated photo. FACEBOOK

Old Sparks St. bylaw shut down T-shirt giveaway: BIA

CITY ROADS

Mall authority faces backlash after artist was booted



Joe Lofaro
Metro | Ottawa

The City of Ottawa says municipal bylaws do not prohibit people from handing out free items on city roads, but the Sparks Street Mall authority says it has its own set of bylaws

from 1986 that prohibit the act.

On Friday, local artist Andrew King's free T-shirt giveaway was shut down by the pedestrian mall authority after he was told he needed permission first. He had about 50 shirts promoting Ottawa 2017 to give away as a gesture of goodwill.

After being told to move by Kevin McHale, Sparks Street BIA events co-ordinator, King handed out the shirts on O'Connor Street instead, but not before residents scorned the mall authority for putting red tape on a little fun.

On Monday, Roger Chapman,



We need to look at the bylaw.... No one when they wrote that in 1986 would have thought of anyone giving out free T-shirts.

Kevin McHale, Sparks Street BIA

chief of the city's bylaw department, said in an email the Use and Care of Roads Bylaw 2003-498 states that handing out free items is allowed as long as the person does not "encumber the roadway" and doesn't set up any box or booth on the street to give the items out.

"People can hand items out for free from a backpack or a

handheld bag," according to Chapman.

But McHale said there is a rather dated, but separate bylaw specific to Sparks Street that prohibits people from handing out free items without first seeking permission.

Section 5(3) of the bylaw, only identified as "200-86," states that, "No person shall

make use of any part of the mall for any exhibition or entertainment without first obtaining a permit so to do from the Authority."

McHale said King's T-shirts falls under this clause since he was exhibiting his artwork.

He said he regrets how the situation unfolded. The law could be updated as part of a broader plan to revitalize the historic pedestrian mall, he added.

"We need to look at the bylaw," he said. "No one when they wrote that in 1986 would have thought of anyone giving out free T-shirts."



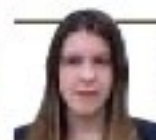
SPRING WEATHER GAME FOR AN ACADEMIC INTERMISSION

University of Ottawa student Alex Duke catches a break from studying on Monday in front of Tabaret Hall on Laurier Avenue. The third-year psychology student and her friends said the spring weather was helping them procrastinate before hitting the books for their next exam.

EMMA JACKSON/METRO

BRANDING

'Smithsonian of the north' getting push



Haley Ritchie
Metro | Ottawa

The crazy kitchen of the Science and Tech Museum and the barnyard critters of the Agricultural Museum might be well loved in Ottawa, but the group in charge of the country's science museums wants a new brand to reach across Canada and the world.

"We want people to know who the Smithsonian of the north is," said Canada Science and Technology Museums Corporation

president and CEO Alex Benay.

The group runs the Agriculture Museum, Aviation and Space Museum and the Science and Technology Museum. You might not have heard of it — which is exactly why the branding project is underway, according to Benay.

On April 14, the corporation put out a call to firms for formal proposals to work with them on the new strategy. A company will be chosen by the end of May and the new brand should ideally be created by the end of summer 2016, according to the tender documents.

IN BRIEF

Sonnet Crescent homicide suspect arrested

A suspect has been arrested in connection with the Sonnet Crescent homicide investigation.

Peel Regional Police arrested Behnam Yaali on Friday evening in Brampton. He faces one charge of second-degree murder in the death of Algonquin student Christina Voelzing.

The shooting happened near Sonnet Crescent in Bells Corners on March 27. Voelzing, 24, died of her injuries two days later.

SARA ERICSSON/FOR METRO

CAMPUS STATION

Detours are coming



Emma Jackson
Metro | Ottawa

Cyclists and pedestrians will face lengthy detours as a key crosstown pathway link closes this May.

The Campus station underpass is a veritable thoroughfare, connecting the Transitway station to the nearby Corktown footbridge and new Adawe Crossing further east.

But users will be detoured around the underpass for four months beginning May 2 while it is widened into a safer, more open atrium space, city officials

said Monday.

The city has worked out a deal to improve the underpass when its light rail contractor tears down Campus station this summer.

Two detours will send users up either side of the canal to connect with Laurier Avenue. A southbound detour uses Greenfield Avenue to connect to King Edward Avenue.

Rideau-Vanier Coun. Mathieu Fleury said he's working with staff on safety issues at the Nicholas and Laurier intersection. He expects those answers by the end of April.

The tunnel should reopen in late August.



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PC MPP Jack MacLaren
TORSTAR NEWS SERVICE FILE

Tory told to avoid Queen's Park

QUEEN'S PARK

Brown orders MacLaren to get sensitivity training

A Progressive Conservative member of the Ontario legislature who came under fire for telling a sexist joke about a Liberal MP has been ordered to

undergo sensitivity training.

PC Leader Patrick Brown said Monday he has ordered Jack MacLaren, who represents the Ottawa-area riding of Carleton-Mississippi Mills, to stay away from Queen's Park for an indefinite period "because of recent inappropriate conduct."

"I have been clear that there is no room for anything less than respect and tolerance in the Ontario PC party and

caucus, in our legislature, and society," Brown said in a statement.

"Reassignment of MPP MacLaren's roles will remain in effect until such time as I determine that appropriate corrective action has been taken."

MacLaren found himself in hot water after telling a crude joke about Liberal MP Karen McCrimmon during a fundraising event last month in Carp, Ont., when the two

were sharing a stage.

MacLaren only apologized for his off-colour remarks weeks after the event when the media got hold of the story.

Earlier this month, MacLaren made headlines again when he was forced to admit that constituent testimonials posted on his website, including names and photos, were fake.

The website was eventually

taken down, but MacLaren refused to offer any explanations for the phoney postings other than a terse apology before he bolted away from reporters.

Last week, Brown demoted MacLaren as the PC caucus representative for eastern Ontario, but on both occasions the Opposition leader stopped short of kicking him out of the Tory caucus.

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FESTIVALS

Ottawa fests taking \$1.2M cut in grants



Haley Ritchie
Metro | Ottawa

While Ottawa's biggest music festivals got a funding boost this year, provincial funding for the city's share of Celebrate Ontario grants is \$1.2-million less than in 2015.

Last year the Tim Hortons Brier hosted in Ottawa received a \$300,000 grant and the NAC's Ontario Scene received \$600,000 which contributed to the large funding difference in 2016. This year various events in the city received just a little over \$2-million altogether.

The annual Oktoberfest hosted by the Merchants of Barrhaven took an enormous funding cut this year down to a mere \$600 from \$38,205.

Festivals organized by the Sparks Street Authority also took a hit. Buskerfest had its \$27,255 grant reduced to \$11,000 and the street's Ribfest received no funding this year compared to a \$27,675 boost in 2015.

"You get what you get and these events will still go ahead," said BIA program and events co-ordinator Kevin Mc-

Hale. "What I'm hearing from people is the number of applications have gone through the roof and the pot is only so deep," he said.

Glowfair's funding was reduced by half but Bank Street BIA director Christine Leadman said the reduced funds are not a cut but are related to the financial information submitted to the province.

Despite less funding overall some groups received new funding this year.

Capital Pride will receive \$22,500

while other names that didn't appear in 2015 include the Haunting Season at Saunders Farm, The Ottawa International Writers Festival, Hogmanay Festival, Muslim Summer Festival and the Capital Fair Pow Wow.



A couple sit on lawn chairs enjoying Bluesfest in Ottawa.
TOM HANSON/THE CANADIAN PRESS

CHARITY

Gala dinner to raise funds for Ottawa Mission

The Lord Elgin hotel is hosting the World Fusion Gala Dinner, an event to raise funds for the Ottawa Mission, a non-profit organization that provides aid to homeless people in Ottawa.

The event will be held April 29 at Grill 41, a restaurant located inside the Lord Elgin Hotel.

Guests will be served a five-course dinner prepared by both Grill 41 chef Brian Vallipuram and Ottawa Mission chef Ric Watson.

Tickets for the event are \$100.

Proceeds from this event will be used by The Mission to provide meals, medical care, training for jobs and housing support.

SARA ERICSSON/FOR METRO

Looking for answers

FIRST NATIONS

Youth questions Bennett on Attawapiskat conditions

A young man in the troubled First Nation of Attawapiskat asked the federal indigenous-affairs minister on Monday why his community was living in Third World conditions while Canada is greeting refugees with open arms.

Robert Sutherland was among several youths to express frustration to Carolyn Bennett over the lack of basic supports so desperately needed by those in his James Bay community.

"Tell me why we First Nations live in Third World conditions," he said during a meeting with Bennett and other officials. "Why is it so easy for the government to welcome refugees and offer them first-class citizenship in our country?"

Attawapiskat has been rocked for weeks by numerous attempts by young people to kill themselves.

The public youth council session followed a private two-hour meeting with Bennett, activist New Democrat MP Charlie Angus and Attawapiskat Chief Bruce Shisheesh, who also made his frustration plain.

Bennett was able to commit to a new, properly equipped youth centre as well as some programming for young people, a key demand in the isolated northern Ontario reserve.

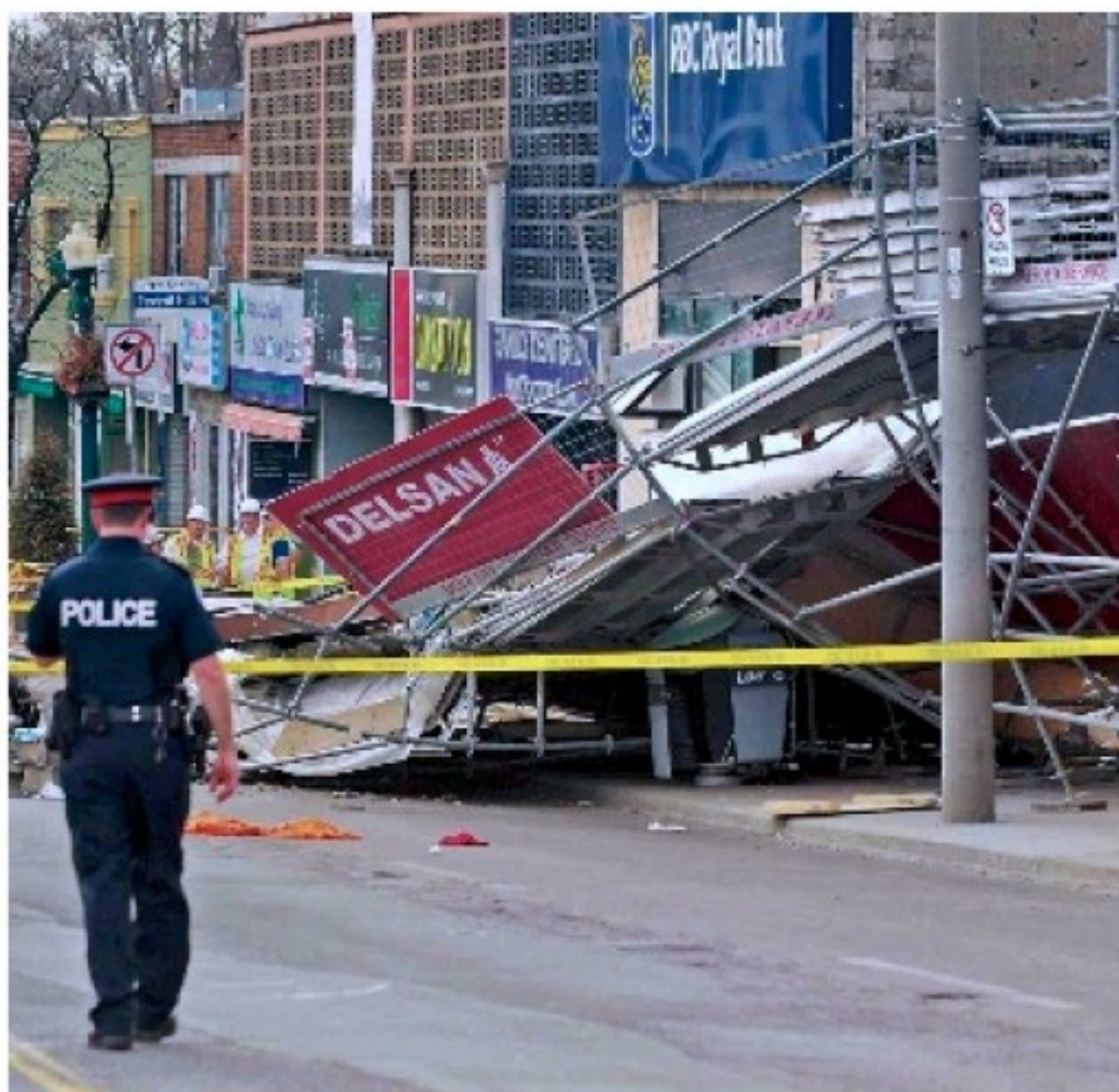
In addition, a youth delegation from across the region will be invited to Ottawa.

Angus called it an important beginning in ending what he called this "cycle of despair."

"I'm pleased we have something deliverable for the young people," Angus said.

"Is this enough given the extent of the crisis that has faced Attawapiskat? No, it's not enough yet, but we have to start with this first step."

THE CANADIAN PRESS



COLLAPSE A NARROW ESCAPE FOR MANY A view of the wreckage after part of a building and its scaffolding collapsed in Toronto on Monday. Seven people including a baby narrowly averted serious injuries on Monday afternoon as scaffolding came tumbling down to the streets of one of the city's most bustling neighbourhoods. CHRIS YOUNG/THE CANADIAN PRESS

HELLS ANGELS

Ex-boxer shot while riding bike

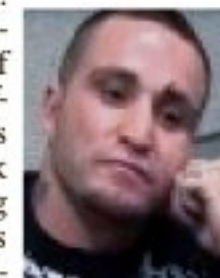
A former Olympic boxer who is now a high-ranking member of the Hells Angels is in stable condition in hospital after he was shot outside Montreal on the weekend.

Phil Boudreault, 41, of Sudbury, suffered injuries to his back and a lung after he was shot Saturday morning while riding his motorcycle near Lachute, Que.

The Sûreté du Québec would not confirm the name of the victim, but Sgt. Marc Tessier said, "It was an attempt on (the motorcyclist's) life, for sure."

At least one gunman opened fire from a vehicle that pulled alongside him. A source said that Boudreault shielded his girlfriend, who was also on the motorcycle. Tessier said that two men were seen leaving the scene in an older model, blue-grey SUV.

TORSTAR NEWS SERVICE



Phil Boudreault
YOUTUBE



THERE IS ONLY ONE HARRY.

The Spring 2016 Collections have arrived, with a selection of menswear brands that must be seen to be believed. Like the vibrant, rock 'n roll-inspired John Varvatos Star USA. This season sees the designer returning to the basics with luxurious takes on sportswear staples like the café racer jacket, shown here in cognac leather. While the collection retains its urbane edge, each piece seems destined to be a future classic. Come and see the collection in person, where you'll experience our signature service and expertise first-hand. Prefer a preliminary look? Visit us online at harryrosen.com, where you can chat, email or book an appointment with us.

THERE IS ONLY ONE HARRY ROSEN.

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Grief-stricken Ecuadorians continue to search for loved ones through the rubble, as many others mourn the dead. THE ASSOCIATED PRESS



BRAZIL

Rousseff's future in doubt

President Dilma Rousseff on Monday appeared on the verge of losing office after a congressional vote to impeach her and signs suggested only tenuous support for her in the Senate, which will decide whether to remove her amid a political and economic crisis.

The 367-137 lower house vote in favour of impeachment late Sunday sent the issue to the Senate, where 45 of the 81 senators have indicated they will vote to hold an impeachment trial, according to local reports.

If a majority of senators vote to put Rousseff on trial, she would be suspended while Vice-President Michel Temer temporarily took over.

Under the complicated guidelines of the impeachment process, it could be a little more than 10 days until that vote is cast and a minimum of 40 days until the Rousseff's fate is decided. However, the speed of the process also depends on the political will of Senate leader Renan Calheiros, who could potentially drag the eventual trial and final vote out for months.

Speaking at a news conference Monday, Rousseff said she would not be stepping down.

"I have the energy, strength and courage to confront this injustice," she said, while also accusing Temer of conspiring against her. THE ASSOCIATED PRESS



Anti-government demonstrators watch the vote count. THE ASSOCIATED PRESS

Loss piles up amid rubble

EARTHQUAKE

At least 350 people dead, including two Canadians

It was supposed to be a family reunion to celebrate a young relative's start of college. But the gathering ended in tragedy when a collapsing building crushed 17-year-old Sayira Quinde, her mother, father and toddler brother in their rusting car.

A grief-stricken aunt, Johana Estupinan, now is making the longest journey of her life in a funeral hearse to the town of Esmeraldas, where she will bury her loved ones and break the

news of the loss to her sister's three now-orphaned children.

As Ecuador digs out from its strongest earthquake in decades, tales of devastating loss are everywhere amid the rubble. The 7.8-magnitude earthquake left a trail of ruin along Ecuador's normally placid Pacific Ocean coast, buckling highways, knocking down an air traffic control tower and flattening homes and buildings. At least 350 people died, including two Canadians, and thousands are homeless.

President Rafael Correa said early Monday that the death toll would "surely rise, and in a considerable way."

Portoviejo, a provincial capital of nearly 300,000, was among the hardest hit, with the town's mayor reporting at least 100

deaths. The Quinde family drove there from their home hours north up the coast to drop off Sayira at Estupinan's house a week before she was to start classes at a public university on a scholarship to study medicine. "She was my favourite niece," Estupinan said, emotionally torn apart after waiting at the city's morgue for hours. "I thought

in dark mahogany coffins and 8-month-old Matias in a casket painted white. "It was supposed to be a short moment of family happiness but it converted into a tragedy," she said.

The quake knocked out power in many parts along the coast and some who fled to higher ground fearing a tsunami had no home to return to, or feared

“The Ecuadorean spirit knows how to move forward. President Rafael Correa

I was getting a daughter for the six years it was going to take her to earn a degree."

Estupinan watched as her loved ones were loaded onto a truck-sized hearse for the nighttime drive, the three older ones

structures still standing might collapse. The country's Geophysics Institute said it recorded 230 aftershocks, some strong, as of Sunday night, in the hardest hit towns and fishing villages.

Security Minister Cesar Navas

said Monday the death toll had risen to 350 and said rescuers are still seeking victims and survivors among collapsed buildings.

As rescuers scrambled through the ruins near the epicentre, in some cases digging with their hands to look for survivors, humanitarian aid began trickling in. More than 3,000 packages of food and nearly 8,000 sleeping kits were being delivered Sunday. Correa's ally, Venezuela, and neighbouring Colombia, where the quake was also felt, organized airlifts. Mexico and Chile sent teams of rescuers.

Local media reported a second night of looting Sunday in Manta after 180 prisoners from a jail near Portoviejo escaped amid the tumult. THE ASSOCIATED PRESS

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MIGRANT CRISIS

Hundreds feared drowned in Mediterranean tragedy

The leaders of Somalia issued a joint condolence message to the nation Monday over an unconfirmed report that some migrants may have drowned in the Mediterranean Sea on a trip from Libya to Italy.

Reports of the drownings circulated among families and on social media but remained unconfirmed by coast guard authorities in Italy, Greece, Libya and Egypt.

Somalia's state radio quoted the Somali Embassy in Egypt in

reporting the incident. The joint statement from the president, prime minister and speaker of parliament said 400 migrants, mostly Somalis, drowned in the capsizing in the Mediterranean. But the Somali information minister later said 200 drowned and still other reports after that said even fewer had drowned.

"It's a painful tragedy which reminds us all how important it is for us to discourage our youth from embarking on such high-risk journeys," the state-

ment said.

Egyptian Foreign Ministry Spokesman Ahmed Abu Zeid said his office had no information and officials are checking the reports.

Ayoub Jassem, a spokesman for Libya's coast guard, said he has no information on the migrants and that scores of boats leave the Libyan shores every day and they have very limited capabilities to stop them or rescue those at risk of drowning.

THE ASSOCIATED PRESS

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Turo arrives in Canada

SHARING ECONOMY

This company lets you rent your car out to other people

Move over Budget and Enterprise, get ready to compete with just about anybody who wants to use their vehicle to make some extra cash. Turo, a San Francisco-based company that is best described as an Airbnb for cars, has just launched in Canada.

The concept is simple. The company helps people rent their cars to strangers. Turo started out as RelayRides in 2009 and operates a peer-to-peer car marketplace, that has rented thousands of cars for over 1 million days throughout its short history.

"Our mission is to try to put the world's cars to better use," says Andre Haddad, Turo's CEO.

Canada is the company's first international expansion and the service will only be available in Ontario, Quebec and Alberta. As well, Canadians must be existing customers of Intact insurance or its subsidiary, Belair Direct. Intact has struck a deal to provide up to \$2 million in commercial insurance for Turo users.

"Consumers want to partici-



Want to ride off into the sunset, but don't own a car? Worry not, there's an app for that. iSTOCK

pate in services like Turo," says Stephanie Sorensen, director of external relations for Intact. "We want to ensure that insurance coverage is available."

Turo creates a profile of the vehicle that is available on Turo's website and app, with photos and information about the cost. Users have their choice of vehicles and afterward both sides can review and rate the ex-

perience. Both users and owners have to go through a screening process before being able to use the service.

For drivers, Turo has no membership fees and all they need to do is sign up. For people who would like to rent their cars, the vehicle needs be to less than 10 years old and have less than 150,000 kilometres on the clock, with some exceptions. There are

more than 800 models available for rent, and drop off and pickup is often included.

Many users praise the personal connection created between owners, users and their vehicles. Haddad has rented several on the service, including a 2006 Porsche that he says been used for several special occasions.

Turo offers a dynamic pricing model that suggests what users

can charge, but the car owner ultimately decides how much. Turo takes a 25 per cent cut. The company initially offered short-term rentals, but has found the longer term rentals are more popular and focuses on them. On average, cars are rented for five days. Turo claims that prices are generally 30 per cent lower than traditional rental car companies, and that the average active user who rents out their car makes US\$600 a month.

Insurance has been an issue. The company paid over \$200,000

US\$600

The amount of money an average active user who rents out their car makes

in fines to New York state because of violations of insurance laws including false advertising and unlicensed activity. New York is the one state in the U.S.

where Turo does not operate.

Josh Bilerman, who owns a web design company in Montreal is a Turo fan. He enjoys the convenience of dealing directly with the car's owner and making arrangements for pickup and drop-off.

"That flexibility has been way better than dealing with the hassle at rental car counters," he says. TORSTAR NEWS SERVICE

RETAIL

Le Chateau to close more shops

Fashion retailer Le Chateau plans to close about 40 additional stores across Canada over the next three years even as it hopes to swing to its first profit in six years in 2016.

The Montreal-based company has been shuttering underperforming stores and renovating others as it "recalibrates" in the face of growing online purchases. It closed 11 stores in the last year to reach 211 locations and plans to close another 14 in 2016. By early 2019, Le Chateau expects to shrink its retail network to about 171 stores.

Le Chateau declined to say how many of its 2,400 employees might lose their jobs, saying most will be absorbed into nearby stores or be eligible to work in its the growing e-commerce operations.

Franco Rocchi, the retailer's senior vice-president sales and operations, said some stores identified for closure at the end of their leases may get a reprieve if they can negotiate lower rents or the shopping centres where they are located improve.

Le Chateau expanded in the 1980s and 1990s, but like many retailers has been adjusting to a change to online shopping.

THE CANADIAN PRESS

ENTERTAINMENT

Amazon's standalone streaming targets Netflix

Amazon.com Inc. is taking on Netflix and Hulu with its own standalone video streaming service, just weeks before Netflix raises prices for longtime subscribers.

New customers can now pay \$8.99 a month to watch Amazon's Prime video streaming service. Previously, the only way to watch Amazon's videos was to pay \$99 a year for Prime member-

ship, which includes free two-day shipping on items sold by the site, and other perks.

At \$8.99 a month, Amazon's standalone streaming service is \$1 less than Netflix's standard membership and \$1 more than Hulu's basic subscription.

Netflix said earlier this year that a "substantial number" of its longtime members who paid \$7.99 monthly — and have been

protected from price hikes — will now pay an additional \$2 starting in May.

Amazon's decision to break off its video streaming service could cause some defections at Netflix, wrote Wedbush analyst Michael Pachter in a note to clients.

Both companies have invested heavily in original and exclusive programming. Netflix has Orange is the New Black, House of Cards

and a couple of series based on Marvel comic characters. Amazon's offerings include Transparent, Mozart in the Jungle and previously aired HBO shows.

With Hulu, users can watch many current TV episodes a day after they air on a network. Hulu is also growing its exclusive offerings, with The Mindy Project and Difficult People.

Netflix Inc. declined to com-

ment Monday.

Representatives for Amazon and Hulu did not respond to a request for comment.

Amazon may be a rival, but Netflix is also an Amazon customer. The Los Gatos, Calif.-based streaming company uses Amazon Web Services to store its content and help run parts of its site and apps.

THE ASSOCIATED PRESS

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FINANCE

Don't let taxes dictate where you live: Experts

So you're a wealthy Canadian whose tax bill is going up. Does it pay to leave the country?

When media outlets reported last month that billionaire Murray Edwards is leaving Calgary for the United Kingdom, some saw it as proof that tax hikes for top earners are driving away the rich.

"High income earners like Murray Edwards fleeing the province is more evidence the NDP government's economic agenda is hurting Alberta's long-term competitive advantage," Alberta's Opposition Wildrose Party said in a March 29 release.

Despite the political hay-making, the prominent oilpatch financier, known also for his interests in the Calgary Flames and ski resorts, hasn't publicly said why he's hopping across the pond. Recent regulatory filings for the publicly traded companies in which he's involved show him as living in London.

Between federal and provincial tax changes, the combined marginal tax rate for Albertans in the top bracket is rising to 48 per cent in 2016, from 40.25 per cent last year.

There's a psychological element to whether a high net

“
You can't let the tax tail wag the life dog.

Jonathan Garbutt

worth individual would feel compelled to leave the country for tax reasons, said lawyer Jonathan Garbutt.

It's usually when the rate tips past 50 per cent — which is the case in many provinces, but not Alberta — that people with a high net worth get bent out of

shape, Garbutt said.

The U.K. isn't exactly known for being a low-tax jurisdiction, but its rules for non-domiciled residents, or "non-doms," have been a draw for the wealthy. Non-doms — who live in the U.K., but whose permanent residence is elsewhere — only pay U.K. tax on money they earn in the country, or bring into it.

In many cases, Garbutt said the tax savings could be substantial enough to outweigh the higher cost of living and a 20 per cent value-added tax on most goods and services.

THE CANADIAN PRESS



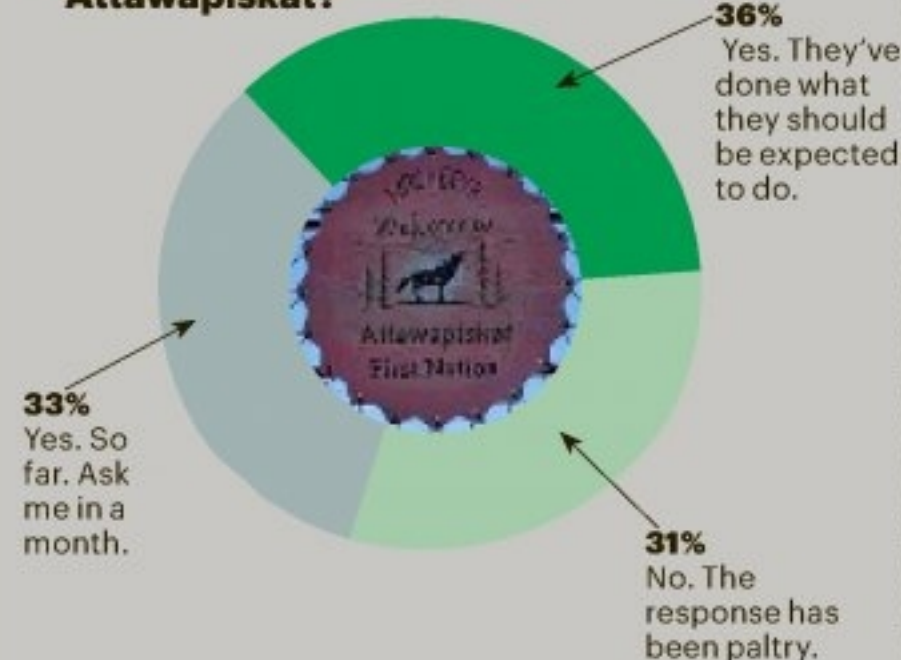
METRO POLL

Attawapiskat: What should be done?

Watershed moment or same old story?

Eleven suicide attempts in northern Ontario's Attawapiskat First Nation on April 9. Five more last Friday. Some 100 such attempts in this calendar year alone. Much of the country remains gripped by the fallout of the crisis: sit-ins, emergency parliamentary debates, cabinet-minister visits, promises of mental-health funding. We asked Metro readers how they rate the government response to the situation.

1 Has the government done enough for Attawapiskat?



2 Rank these seven choices in order of what you see as most needed by First Nations:

1. More funding
2. Better infrastructure, e.g., drinking water
3. Better amenities, e.g., libraries, youth centres
4. A visit from Prime Minister Trudeau
5. A federal inquiry
6. More civil services, e.g., mental-health resources
7. For their young people to move away

WE ASKED Metro readers

The response is merely a Band-Aid.

Where are elders and chiefs in all this?

We've never made indigenous people a top priority. The time is now.

Progress isn't made fast enough to keep a furtive press interested, and it falls off the front page.

They should've benefited from De Beers mining by now and from the hunger strike of Chief Spence. Something isn't right.

The government has given support to help this community to help manage depression. The people need to figure this out for themselves.

visit metronews.ca
HAVE YOUR SAY

ROSEMARY WESTWOOD

In saying their names, victims demand to be reckoned with

Linda Redgrave.

Now, then — now that you know her name — are you listening?

Is her story — that of Complainant No. 1 in Jian Ghomeshi's sexual assault trial; that of a woman allegedly yanked hard by her hair and punched in the head three times; that of the woman in the bikini photo so desperately sought by the press — more believable to you now? Do you think she's brave? Or do you smell a PR move and a book deal?

After revealing her identity in a blog post on Monday, Redgrave says she's ready for both "the good and bad." She's coming forward to change how the legal system deals with sexual assault complainants. She writes: "I'm doing it because the current method of trying a sexual assault case by attacking victims who cannot defend themselves is barbaric."

She's started a website to help survivors navigate that system. She's going to advocate for change. She thinks that coming out and naming herself will give her more power.

It does. And other women know it, too.

Writing in the National Post on Monday, Conservative MP Michelle Rempel rips into "everyday" sexism in politics, and demands (rather hopefully) that sexists themselves, not their targets, be the ones to change. She

uses her own name. She describes typical harassment (one MP is "turned on" when she's direct).

For sexual assault, it has become a tactic in vogue. Around the Ghomeshi trial, newspapers were printing first-hand accounts of sexual assaults by women who wanted to be named. Other women were tweeting their abuse. They were individualizing their experience in order to authenticate it. By specifying themselves, they forced a specific reaction.

For evidence of how powerful that can be, see Alberta MLA Maria Fitzpatrick's story of beating, rape and threats at the hands of her then-husband. Her speech at the legislature garnered national media, and led to the rare unanimous passing of a private member's bill on domestic violence.

But while you can elicit a potent reaction, you can't control its sentiment. Example: Americans are reliving, via a new film, the evisceration of Anita Hill, a black aide to a Supreme Court nominee, who was vilified in the 1990s for testifying to his sexual harassment.

Similarly, since Redgrave and Rempel have come forward, anonymous Twitter eggs and online commenters have piled on the vitriol, mostly just keen to let the Internet know, "I don't believe these women!"

But then again, on the plus side: They've been heard.

New taxi rules: Good enough may be best case

COLLINS' CAPITAL

Steve Collins



We're far from hearing the last about "surge pricing," which drives up the price of your Uber ride, but with the end of the Great Taxi Debate, maybe we can put it to rest for a bit.

The sudden increases smell like profiteering, but we pay in other ways when transportation gets scarce.

The jammed bus I took last week was offering surge occupancy, as more and more of us tried to stay upright in the aisles and avoid unnecessary intimacy. The driver urged us to move back, but we'd run out of back. I called a cab Saturday night (some of us still do) and experienced surge waiting of close to an hour.

Terminology fatigue is to be expected. The city took on a big, bruising job in bringing

ride-sharing into a hothouse regulatory environment where dino-cabs once roamed the earth without competition. And through public consultations, 18 hours of committee hearings and three more at council last week, nobody shirked.

Nobody's over-selling the results, either. The new rules, which come into effect in September, were variously described around the council table as "imperfect" and a "compromise" between competing commercial interests and civic ones, all wrapped up in wait-and-see.

The process was sometimes emotional, sometimes ugly, sometimes frustrating.

"I am looking at the representatives of Uber as I say this right now," complained Coun. David Chernushenko. "I really do not like the way in which this came about. I do not like the way in which we could not get a straight honest answer

to pretty much any question that we asked, the shifting, the dodging, the weaving and in some cases, the lying."

Uber Canada's public policy manager, Chris Shafer, in nearly three hours with the community and protective services committee, offered responses that usually went something like "Great question," followed by talking-point tedium that seldom suggested an answer.

Space does not permit an accurate portrayal, but here's a taste. Coun. Jean Cloutier asked a question almost anybody could answer fairly accurately: "How would you characterize your company's compliance with current city of Ottawa bylaws?" (Uber's breaking those bylaws. That's where this all started.)

Shafer: "We, in my role, worked collaboratively with city staff, with council members, with KPMG, to discuss our particular regulatory model and the ways in which the

nature of the business models are different between taxis and ride-sharing, in an effort to understand how regulation can be updated to embrace the sharing economy..."

He went on, but I'll spare you. I can only hope Uber's private conversations with city officials were more informative. The excellent Ottwatch.ca crunched "lobbying intensity" numbers and found that, over the past month, Uber's busy representatives accounted for 80 per cent of all lobbying at city hall.

Did they get everything they wanted? I doubt anyone did. We now have two sets of imperfect rules for a messy situation. The city will watch, learn and adjust. None of it's pretty, but it might work anyway.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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Fan sues Kanye West and streaming service Tidal for allegedly duping users into subscriptions based on promise of being exclusive outlet for West's new album.



As children spend more time in the digital world, nature is even more important for improving mental and physical health, says Richard Louv. PHOTOS: COLE BURSTON/FOR TORSTAR NEWS SERVICE

Are your kids getting vitamin N?

NEW BOOK

Antidote to modern malaise is nature says popular author

Richard Louv coined the phrase that captures the disconnect between modern kids and the outdoors. "Nature-deficit disorder" was how he described the phenomenon in his landmark book *Last Child in the Woods*.

A decade after naming the problem, the California author and outdoorsman is promoting another catchy term, this time for the cure — regular doses of nature. He calls it Vitamin N.

Research has exploded in the last few years showing that time spent in green space is good for brains, bodies and souls. It is believed to improve mental and physical health, cognitive skills, sensory development and learning.

As children spend more hours in the digital world blocking out their senses to focus on a screen, nature is more important than ever as an antidote, he argues in his new book *Vitamin N: 500 Ways*

to Enrich the Health and Happiness and Your Family and Community.

"There's no precise prescription," the California-based author explained in an email interview.

And it doesn't have to be complicated.

"Some experience in nature is better than none, and more is better than some."

While Louv grew up in an era when kids roamed free and the only screens were on televisions, Louv's not anti-tech. His book includes an array of ideas for bringing technology to the outdoors and vice versa.

His ultimate form of multitasking? Straddling both the digital world and nature to develop what he calls "a hybrid mind."

TORSTAR NEWS SERVICE



Some experience in nature is better than none, and more is better than some

Richard Louv



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DO IT YOURSELF

Tips for fitting in more nature

Try some of these activities with your family

1 Put nature on the calendar

Family life is hectic these days. For many, the only way to actually make sure there's time to go for a hike, a picnic or even

hang out in the backyard is to book it as you would a soccer game. Think of it as the family equivalent of a date night.

2 Be the guide on the side

When outdoors with kids, back off. Let them follow their own noses, whether it means collecting sticks, jumping in mud puddles or climbing an embankment, without always directing their play. Encourage them to ask questions and figure out answers, even by

looking them up later. Be curious observers with a sense of wonder alongside them.

3 Enliven the senses

We used to talk about five senses. Now researchers have identified as many as 30. Awaken them by focusing on one at a time and blocking out the others. Have kids travel on their bellies for a closeup view of the earth. Use a paper "sniffer cup" for smelling natural objects like pine needles or wildflowers. Go barefoot. Cup your ears to focus on "seeing" the environment through noises. Stick out your tongue to taste the breeze.

4 Seek positive places with negative ions

Natural settings with plant life and water — beaches, streams, waterfalls — tend to be rich in molecules called negative ions. You can't see or smell them, but when they're inhaled and reach the bloodstream, negative ions are known to boost serotonin levels, which, in turn, alleviates depression.

5 Bathe in the forest

Forest bathing or *shinrin-yoku*, as the movement is known in Japan, is based on evidence that a relaxed walk in lush woods has measurable calming and restora-

tive benefits. It's a healthy retreat from the pollution of city life.

6 Discover the art of nature

Pressed leaves and flowers, sculptures made of sticks and rocks, daisy chains, painting with mud or the juices of wild berries and nuts, sidewalk chalk drawings created by tracing the sun's shadow, percussion instruments from stones shells or logs. Let the imagination go wild.

7 Pick a sit spot

It could be the lower branch of a tree, a spot in the garden or a boulder by a brook. Urge family members to find their own special place they visit frequently to find peace and to observe how it changes according to the light, season, temperature and bugs, birds or other creatures in the vicinity.

8 Teach tree climbing smarts

It's a mainstay of childhood that hones balance, strength, agility, co-ordination and a sense of risk. But only climb trees that are alive and strong. Don't get onto branches with a circumference smaller than your wrist. Always have at least three points of contact with the tree.

5 EXERCISES TO SWITCH INTO YOUR WORKOUT

Been doing the same sit-ups for years and feeling uninspired? Here are five exercises to skip and what moves you should adopt instead, as recommended by master trainer Barry Samuel. **TORSTAR NEWS SERVICE**



Lay off the moving lunges

Skip: travelling lunges

Moving across the floor when doing lunges can put knees, hips and ankles at risk, says Samuel.

Adopt: lunges in one place

"Replace that with a lunge in place," Samuel says. He recommends anchoring yourself with the wall or a chair. "Do it in place, where you're lowering your body and being careful to keep the hip, knee and joints at a 90-degree angle, tracking so the knee doesn't go too far inward or out."

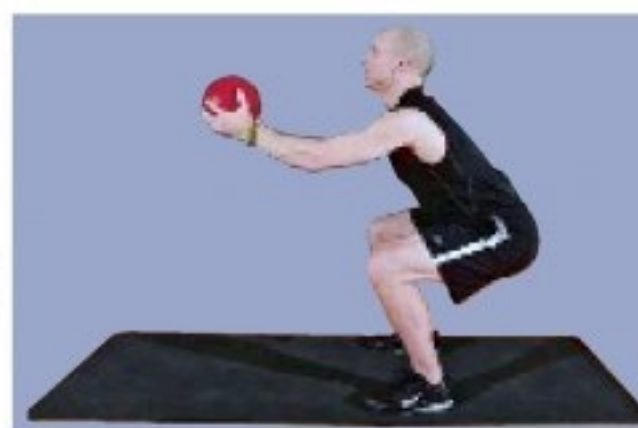
Stop straight leg lifts

Skip: straight leg lifts

Doing straight leg lifts puts "a lot of stress" on the lower back, Samuel says. "You're also recruiting from your hip flexor group ... and you're not really getting a lot of benefit in the lower abdomen."

Adopt: crunches with knees at 90 degrees

This removes stress on the pelvis and lower back while engaging your abdomen. "By bringing your knees closer to your chest you're removing that stress and you're also not going to be working the hip flexors."



Say bye bye to the barbell

Skip: barbell squat

This move may look tough, but it can also put shoulder joints at risk if not done correctly, Samuel says. "What's problematic about barbell squats is people aren't in the habit of getting their spine in an upright position," he adds.

Adopt: squat with a ball

A weighted medicine ball will do and leads to a "more natural" pose that still works the back, spine and shoulders muscles.

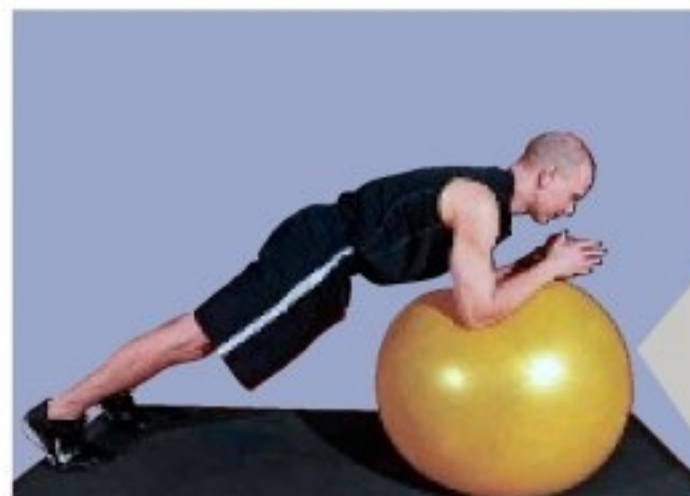
Pitch the pull-ups

Skip: chin-ups and pull-ups

Samuel says the problem with these exercises is people tend to use a lot of momentum to swing themselves up and lose control. "Cheating often is where you leave yourself vulnerable to serious injury," he says, noting shoulder joints are at risk.

Adopt: TRX suspension or strap

Samuel recommends using a TRX suspension strap anchored to the ceiling. It's a similar movement that works upper and lower back muscles. "There's some co-ordination required with it, but it's still not as intense as if you're trying to do a pull up," he says.



No more sit ups

Skip: sit ups

Think this is the best way to a six-pack? Samuel warns it's easy to lose control with this common exercise and it could put your neck and spine at risk for injury.

Adopt: plank

This borrowed-from-yoga move focuses on the abdomen and core, while being more controlled than the sit-up. "You're just trying to streamline the body, you're not bouncing around," Samuel says.

DRIFTWOOD POSE

Float to trickier yoga poses

YuMee Chung
Torstar News Service

It's been said that swimming is the next best thing to flying, so if you're working on a yoga pose that could benefit from a little more buoyancy, why not take to the water?

The following is a virtually weightless version of Staff Pose you can try in a kiddie pool, shallow surf or even your bathtub.

Driftwood Pose

1. Sit upright in shallow water with your legs outstretched and palms resting on the ground close to your sides. If the heels of your hands don't quite reach, come up onto your tippy fingers.

2. Lift yourself completely off the ground by pressing down with the hands. Do your best to keep the pelvis upright and aligned with the hands, rather than tipped backwards and shifted out in front of the hands.

3. Lift your right foot as high as you can above the surface

of the water without allowing your left foot to touch down or get heavy. Hold steady for a few breaths before changing sides.

Driftwood pose is a great way to strengthen your shoulder-core and hip flexors as you prepare for high-flying poses like handstands.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.



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 **FLAP**

Steven Wright left a bottle of pricey booze at Chris Colabello's locker-room stall a day after the Red Sox RHP beamed the Jays' 1B in the head

Jays fleece Sox relievers

MLB

Toronto's runs scored against Boston's setup man and closer

Toronto manager John Gibbons knew Boston had its bullpen lined up.

It didn't matter when the Red Sox couldn't throw a key strike.

Russell Martin hit a two-run single against Craig Kimbrel to cap a four-run eighth inning, and the Blue Jays held on to beat the Red Sox 4-3 Monday in Boston's annual Patriots' Day game.

"When you're facing (Koji) Uehara and those guys at the end, it's tough to do," Gibbons said. "You see the end result. It was big."

J.A. Happ (2-0) gave up one run and four hits in seven-plus innings. Drew Storen got three outs for his first save despite giving up two runs. Toronto gained a split of the four-game series by winning the last two.

"That was a huge inning for us against a tough pitcher," Happ said of the eighth. "They brought Kimbrel in there, and we had some great at-bats — even before that with Uehara. It was a fun win."

Boston's Clay Buchholz allowed six hits in 6-2/3 shutout innings, helped by four double plays by his infield and a diving catch by centre-fielder Jackie Bradley Jr. Josh Rutledge and Travis Shaw had RBI doubles for the Red Sox.

With Toronto trailing 1-0 in



Above: Blue Jays centre-fielder Kevin Pillar makes a diving catch on Monday. **Right:** Prior to the game, Boston Marathon bombing survivor Jeff Bauman, left, acknowledges the crowd as he walks with actor Jake Gyllenhaal before throwing out the first pitch.

the eighth, Kevin Pillar reached second base against Uehara (0-1) after Rutledge's throwing error on his infield hit to third. He advanced on Christian Vazquez's passed ball and scored on Michael Saunders' groundout.

Uehara was charged with four runs and gave up two walks while getting just one out. Kimbrel also gave up a walk.

"It's probably just early morning," Uehara said through a

MONDAY In Boston

4	3
BLUE JAYS	RED SOX

translator. "It's just my body was not awake. I'll do my best tomorrow."

Kimbrel entered with one out and the bases loaded and

struck out Edwin Encarnacion. He walked Troy Tulowitzki on a 3-2 pitch, forcing in the go-ahead run, and Martin singled.

"It's definitely not a situation I'm accustomed to," Kimbrel said. "I'm asked to come in and get two outs and leave it where it was. I was able to get the first one to give us a chance, got ahead on Tulowitzki and walked him. That really wasn't what we had written up." THE ASSOCIATED PRESS



MARY SCHWALM/THE ASSOCIATED PRESS

BOSTON MARATHON

Ethiopians rule 120th edition

Ethiopians nearly swept the Kenyans off the podium at the Boston Marathon on Monday, winning both the men's and women's races for the first time in history and taking five of the six spots on the victory stand.

Lemi Berhanu Hayle won the men's race in two hours 12 minutes 45 seconds, pulling away from defending champion Lelisa Desisa as they crossed over the Massachusetts Turnpike heading into Kenmore Square. Hayle won by 47 seconds, with Yemane Adhane Tsegay an additional 30 seconds back to round out an all-Ethiopian top three.

Atsede Baysa won the women's race, coming from 37 seconds behind with less than five miles to go. The two-time Chicago Marathon champion finished in 2:29:19 hours, 44 seconds ahead of fellow Ethiopian Tirfi Tsegaye.

Joyce Chepkirui was third in the women's race, the lone Kenyan to medal in a race that had been dominated by her countrymen for decades. The results come as the World Anti-Doping Agency put Kenya on probation after more than 40 athletes tested positive for performance-enhancing drugs since the 2012 Olympics — nearly one a month.

Most of the top Americans, including 2014 winner Meb Keflezighi, skipped the race after running in the U.S. Olympic trials in February.

THE ASSOCIATED PRESS

PREMIER LEAGUE

Spurs rout Stoke, gain on Leicester



Dele Alli AFP/GETTY IMAGES

Harry Kane and Dele Alli both scored twice Monday as Tottenham crushed Stoke 4-0 with a devastating attacking display to close the gap on Premier League leader Leicester to five points.

Tottenham's fearless performance was an emphatic response to Leicester dropping points in Sunday's draw with West Ham with four games remaining.

No team has scored more than Tottenham and no team has conceded fewer goals this season. THE ASSOCIATED PRESS

IN BRIEF

Appeals court upholds \$1B NFL concussion settlement

A federal appeals court has upheld an estimated \$1-billion plan by the NFL to settle thousands of concussion lawsuits filed by former players, potentially ending a troubled chapter in league history.

Former players already diagnosed with brain injuries linked to repeated concussions could begin receiving benefits within three to four months, a plaintiffs' attorney said.

THE ASSOCIATED PRESS

Leonard repeats as NBA's top defensive player

Kawhi Leonard has won his second straight NBA Defensive Player of the Year award after helping the San Antonio Spurs have the league's best defence.

Leonard received 84 first-place votes and 547 points. Golden State's Draymond Green (421) finished second.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of the NBA playoffs, including Game 2 of the Raptors-Pacers series.

REDBLACKS

Sinopoli named Syl Apps award winner

Ottawa Redblacks receiver Brad Sinopoli earned another individual honour Monday.

The native of Peterborough, Ont., was named the winner of the 2015 Syl Apps athlete of the year award by the Ontario Sports Hall of Fame.

Sinopoli receiver nearly 30 per cent of ballots in an online public vote. The award finalists were soc-

cer player Kadeisha Buchanan, sprinter Andre De Grasse, golfer Brooke Henderson,

basketball players Kia Nurse and Andrew Wiggins, baseball star Joey Votto and decathlete Damian Warner.

Sinopoli was the CFL's top Canadian last year after registering 86 catches for 1,035 yards and three TDs.

THE CANADIAN PRESS

GEE-GEE ALUM
Sinopoli was the 2010 Hec Crighton Trophy winner while a QB at the University of Ottawa.

RECIPE Curried Chicken with Grapes in a Pita



PHOTO: MAYA VISNYEY

Ceri Marsh & Laura Keogh
For Metro Canada

This sweet and savoury combo is a great way to use up leftover chicken. But it's also a reason to pick up a rotisserie chicken on your way home if you don't have leftovers.

Ready in

Prep time: 10
Cook time: 20

Ingredients

- 2 cups diced cooked chicken
- 2 celery stalks, finely diced
- 1/2 cup seedless grapes, quartered
- 1 scallion, finely sliced
- 2 Tbsp mayonnaise
- 2 Tbsp Greek yogurt
- 1 tsp curry powder
- 1 tsp Dijon mustard

- salt and pepper to taste
- whole wheat pita pockets, sliced in half
- lettuce, washed and torn

Directions

1. In a bowl, toss together the diced chicken, celery, grapes and scallion.
2. In a small bowl, stir together the mayo, yogurt, curry powder and Dijon then blend it together with the chicken mixture. Taste before deciding how much salt and pepper you need.
3. Cut your pitas in half and tuck in a few pieces of lettuce.
4. Now spoon in your chicken salad. Serve with a green salad.

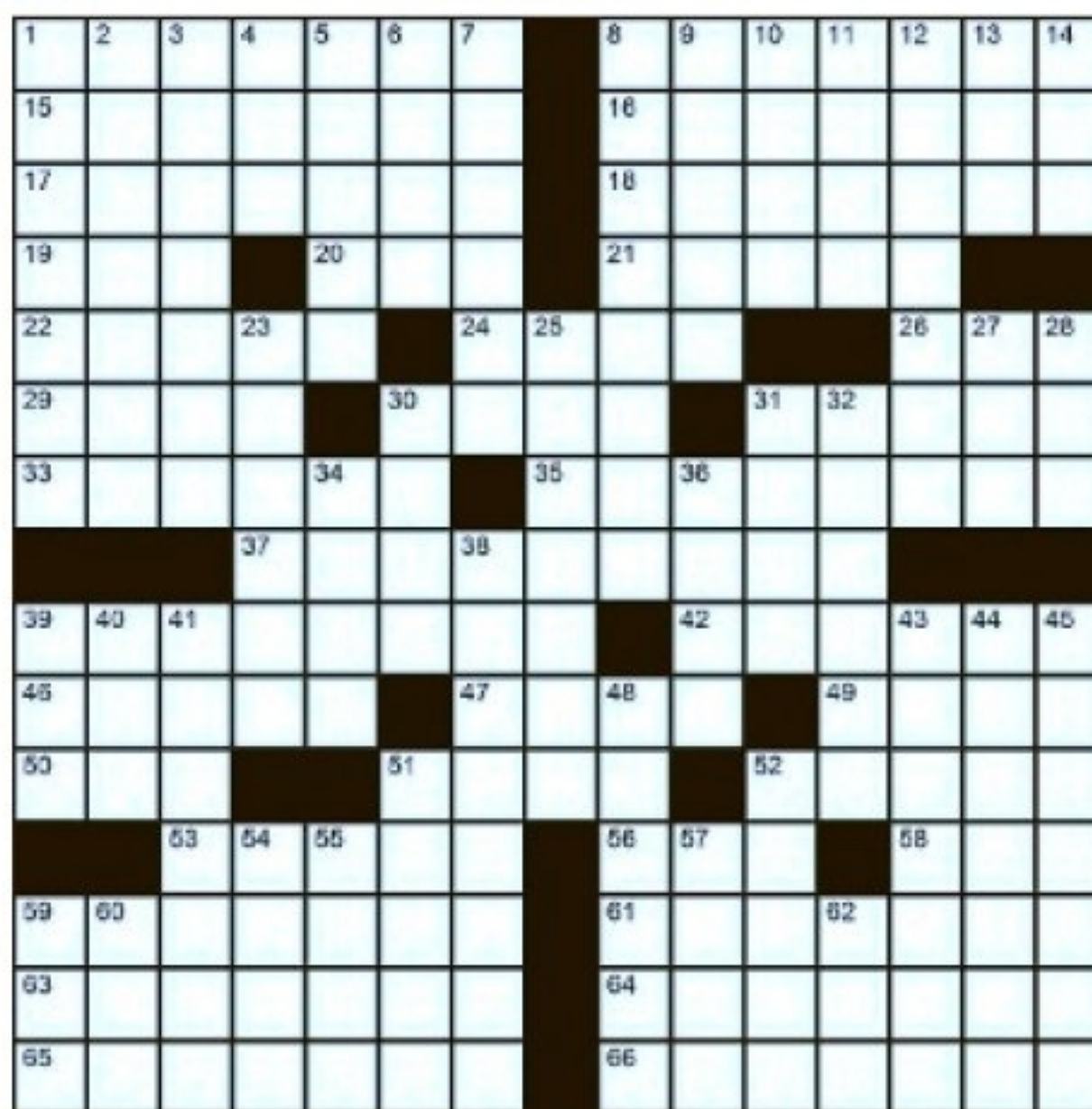
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. " _ Bells": Theme music in "The Exorcist" (1973)
8. Shook a bit
15. Useless
16. "I'm sorry."
17. Robert De Niro/Ben Stiller comedy, "Meet the _" (2000)
18. Info in a used-car ad
19. Painful expressions!
20. Garden pond fish
21. Finished
22. Fortunes
24. Pharmacy amount
26. Pixie
29. Barney's best cartoon friend
30. Sage or thyme
31. Wayne _ (Batman's abode)
33. Tennis champion Ms. Williams
35. In a wide-mouthed-awestruck manner
37. Alberta: Beautiful attraction in Lethbridge, _ Japanese Garden
39. Like the four largest satellites of Jupiter
42. Harnessed
46. Shock Rock rocker, _ Cooper
47. Russian autocrat, once
49. Ms. Campbell of "Scream" (1996)
50. Famous
51. " _ Lap" (1983)
52. Hard-to-climb hill's characteristic
53. Ring _ (Get attention at the customer service desk)



56. Writer Mr. Levin
58. CSI evidence
59. "The Facts of Life" character
61. More like Mr. Duck of Looney Tunes
63. Supervise
64. Sir Edmund Hillary's conquest in '53
65. Ontario: Univer-

- sity in London
66. Ritzy vacation destinations

DOWN

1. Insider's info offerings
2. Not in-the-know
3. Partier making the balloon go "Pop!"
4. 'Comp' complet-er (Calculate)
5. Golfing domains
6. Opera voice

7. Live somewhere
8. Ontario/Quebec body of water: 2 wds.
9. Express, as a thought
10. Atomic No. 79
11. Hilarity
12. Placing deliveries on the truck

13. _ salad sandwich
14. Hair tinter
23. Like Adam and Eve's garden
25. Wedding dress material
27. Gretchen of movies
28. Use a crowbar
30. Cod-like fish
31. Mr. Myers
32. Sanctify
34. Cairo's river
36. Run smoothly as a car engine
38. Hamilton-born actress Ms. Robertson
39. Chitchat
40. Famous boxing last name
41. Binds, surgeon-style
43. More wanting
44. Most balanced
45. Leaves at the airport
48. More like a desert in climate
51. One using a pair of toolbox grippers, say
52. Vaults
54. "The Simpsons" character
55. "Nothing _ Matters" by Bif Naked
57. Critic's thumbs-up review
59. At this moment
60. " _ Maria"
62. Backwards

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you feel passionate and intense about everything. However, you will feel this particularly during discussions with bosses, parents and the police. Be careful.

Taurus April 21 - May 21
If you are looking for answers or doing research today, you will be like a dog with a bone. You will not give up until you find what you want.

Gemini May 22 - June 21
Disputes with a friend or a member of a group might arise today, especially about how to spend a specific amount of money or deal with shared property. Remember that discussions are a two-way street.

Cancer June 22 - July 23
Difficulties with bosses and parents might arise today, because you want to get your own way. Be careful. This relationship might end.

Leo July 24 - Aug. 23
You might decide to part ways with a group of people based on religious, political or racial views. Issues are hot; you will not betray your own values.

Virgo Aug. 24 - Sept. 23
Disputes about inheritances, insurance issues and shared property will be intense today. You might be at loggerheads with someone so fiercely that the relationship will end.

Libra Sept. 24 - Oct. 23
Sometimes we hang on to someone out of feelings of insecurity. Today you will examine your relationships and either change them or accept them for what they are.

Scorpio Oct. 24 - Nov. 22
Your zeal to introduce reforms at work might create resistance. You won't back down, which is why things will come to a head by the Full Moon on Thursday.

Sagittarius Nov. 23 - Dec. 21
Parents must be gentle with their kids today, because everyone is obsessed about something today. This means if someone wants something, they really want something. Be the adult in this scenario.

Capricorn Dec. 22 - Jan. 20
Family disagreements might be imminent, because different people want different things. Unfortunately, these feelings are intense. Hopefully, after Thursday's Full Moon there will be peace.

Aquarius Jan. 21 - Feb. 19
No matter what you discuss today, you will be passionately intense about it. Just be aware of this so that you know why others react as they do.

Pisces Feb. 20 - March 20
If shopping today, you will be obsessed about buying something. Well, if you want it and you can afford it, why not get it?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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